



Clubhouse Facility Update

Nothing has and continues to test our resiliency like Covid. However, in 2022, we look forward to embracing opportunities that await us ahead, and, like a butterfly coming out new, regardless.

At this time, due to the rising of the Covid threat level in Dallas County to RED and in the spirit of "Stay Home. Stay Safe," it was decided at our 12/29 House Meeting to suspend our PLAN @ 1121 in-person activity until at least January 10th.

The good news is that we have weathered this type of storm before and we know the importance of our virtual activities, cofacilitated by staff and members each weekday, via our Conference Line.

Resilient and Ready: Brand New in '22!

re·sil·ience | \ ri-'zil-yən(t)s \

Essential Meaning of *resilience*

1: the ability to become strong, healthy, or successful again after something bad happens

2: the ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc.

"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience."



Monday – Friday

214-380-0303 pin 1234

- **10am – Wake Up Call** – unstructured coffee talk
- **1:15p – Daily Call** – we observe the National Day of calendar, conduct check-in's and have an info share on a myriad of interesting topics
- **3p – Activity Call** (TBD) – games, Ted Talks, book reviews, etc.

Clubhouse re-opening info will be available at the Clubhouse Main phone line voicemail, 972-379-9904, or at our website, www.planntx.org.

PLANNING DAY being REPLANNED!

With the change in plans due to Covid, our Planning Day, originally scheduled for January 19th, will be moved to February, date TBD.

Check our February PLAN UR MONTH for details.



Member Showcase

Meet Suellen

Suellen was born in Lubbock TX, and at the age of 3 moved to Las Cruces NM with her parents and her younger sister, Rikki, and lived there until she was almost 40. Suellen has one daughter, and six sons, three of whom have passed away. Suellen struggled all her life with depression. She remembers thinking about suicide as early as second grade, but was not formally diagnosed until her 40's when she lived in Michigan. Upon her diagnosis she was referred to a psychosocial Clubhouse there called Fresh Start. While there, she worked and took upon herself many responsibilities, including handling intakes and, with her chauffeur's license, driving members around to different activities. Suellen remembers loving the Clubhouse immediately. For year's she thought she was incapable of things, but to be at a place where they were recognizing her strengths, being given an opportunity to see what she was good at--it was a great feeling. It had been hard to make friends, she felt that people did not understand her, but at the Clubhouse she felt welcomed and not judged for the things that she might say or do.



While in Michigan, Suellen connected Clubhouse members with and was active in helping to train police officers about issues related to mental illness.

When both her parents passed away in 2018, Suellen ended up moving to the Dallas area. Suellen reports being really glad to have found PLAN @ 1121 Rock.

This year heralds a new beginning in Suellen's life. Suellen has just joined an online writing group, something that she has wanted to do for a long time and is also involved in two Bible studies at her church, which provide her with much support. She has found that as her relationship with God has improved, so has her mental health. Also, this year, she has turned 70, moved into a new subsidized apartment in a beautiful complex and is excited to have PLAN be a big support in her new life! -Ruth J.

1. Membership is voluntary and without time limits.

What's Up?

Hobbies

People Living Active Now

We polled several Clubhouse members...

What hobbies do you enjoy to stay active?

Ann – “My new hobby is listening to the radio and podcasts through my tablet! I like the news, religious podcasts and self-help info so I can broaden my mind.”

Michelle - “Going to the gym and using the treadmill”

Darren – “I just started doing Pilates. I also like creating video games.”

Lisa – “Watercolors, gardening and counted cross stitch.”

Robin – “Walk, lift weights, play saxophone, love to write, watch movies with friends, bake and cook!”

What is your favorite thing to do at the Clubhouse and why?

Ann – “I really like the AV and the newsletter committees. I like being a part of putting on videos, especially ones on music!”

Michelle - “Culinary! Because I am working on my sous chef skills and hoping to bring them home to my family.”

Darren – “Interacting with my friends, leading the morning and afternoon meetings—it helps me practice my speech skills.”

Lisa – “Reachout Calls. You get to talk to people and make their day!”

Robin – “I like the big gatherings—like the Holiday Potlucks, Game Nights and other social events.”

How does staying active help your mental health?

Ann – “It keeps me from ruminating and keeps my mind in gear.”

Michelle - “It helps reduce my anxiety.”

Darren – “It helps to get out of the house and not isolate.”

Lisa – “It dramatically helps to have structure and support.”

Robin – “It keeps me uplifted and out of depression. Gives me joy!”



Just Gettin' Better A Newsletter Column by Jim D.

Ideas for topics to cover?
Email Jim at JimsRacket@gmail.com

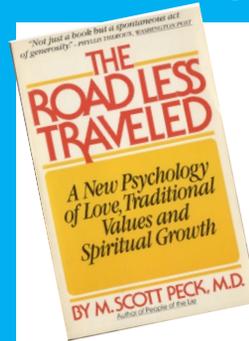
It's a new day and a new year...

and I predict 2022 will end better than it started, just as 2021 ended better than it started for me. You see, I joined PLAN in January of 2021, deep in depression as the result of a failed marriage which had lasted twenty-two years. For me and many of my friends at PLAN, our broken lives have improved this year. We went from feelings of hopelessness, despondency and low self-esteem to new friendships by developing teamwork in many areas of Clubhouse operation with the assistance of under-standing staff. Through the positive environment and rehabilitation offered at PLAN, we are working together to better the Clubhouse and to better ourselves. We are **"just gettin' better"** and PLAN is improving, too. I have suffered with clinical depression in the past, and in my travels over the past twenty-five years, I visit Clubhouses from St. Louis to Seattle to San Francisco to Houston and others in between. I have never seen a bad Clubhouse, however, PLAN's unique cooperation between our committed auspice agency, Jewish Family Services, and our dedicated Staff Generalists, Daniel Mosher, Jillian Hiris and Shira Service, led by Ruth Josenhans and Paige Falco, make things run smoothly. Clubhouses are nothing without members working together to provide an environment which helps us all to continue to improve. Our membership continues to grow, and services provided to us improve. More of our member are finding employment which raises their self-esteem and provides them extra income.



PLAN is a place where rehabilitation takes place and lives are changed for the better. Over and over, I see magic as new members come, hesitant to get involved at first, then slowly they begin to participate and their self-esteem grows. The healing that takes place is an inspiration to all. We are all friends, and we're all in this together. Someone described Clubhouses like the old sitcom slogan for Cheers, "where everybody knows your name and cares!"

New This Month



Introducing a new book study facilitated by our Peer Support Specialists, David R. and Pam C.

The ROAD LESS TRAVELED

By M. Scott Peck

"With profound psychological and spiritual insight, Dr. M. Scott Peck, who was a practicing psychiatrist suggests ways in which confronting and resolving our problems and suffering through the changes can enable us to reach a higher level of self understanding. The result is a book that can show us how to embrace reality and achieve serenity and fullness in our lives. Topics we will be exploring include: discipline, love, growth and religion and grace."

Tuesdays at 3p, starting 1/11
Pick up at copy at Half Price Books or Amazon

From "Poetry As A Tool for Wellness"

Untitled by Ann G.

When I listen
My friends' hearts' glisten
Wide open are their eyes
Brimming with sunshine and delight





Meet Our New Intern, Stephen



We are super excited to welcome our new intern, Stephen Chacko. Stephen is a doctoral student of Occupational Therapy (OT) at the University of St. Augustine for Health Sciences in Austin TX.

The purpose of OT is to make use of what people find meaningful in life to facilitate healing and/or rehabilitation. OT promotes engagement and participation through the use of normal life activities to enhance quality of life. There are lots of benefits to things you do every day and OT encourages and promotes these activities. Stephen said he chose OT because it was the one profession that included a mental health component, whereas physical therapy did not. Mental health has always been something he is passionate about and has wanted to work in. Being in OT allows him to help spread awareness, advocate, and interact in the mental health field.

The biggest thing he has seen at the Clubhouse as it relates to OT is how important participation and engagement is and the fact that members are encouraged to participate, but they also can just be at the Clubhouse if they just want to be. He also sees a correlation with the activities having therapeutic value and a schedule. Stephen said he has learned how the Clubhouse truly works. Before he began his internship here at PLAN he had read many articles about Clubhouse and how it works, but since he began everything is more clear on how the Work-Ordered Day works, and he loves seeing how much people enjoy coming here.

Stephen's favorite hobbies include basketball and watching YouTube videos on technology. Basketball is very therapeutic for him and allows him to clear his head. We'll be seeing Stephen here at 1121 until April, when he will have completed his hours. - By Robin & Kelly



Give thanks for the dancing leaves on bended trees!

Reach out and encourage a friend or stranger

Always forgive yourself and get back up because you can.

Touch, a simple guided touch, a pat, can give hope.

It is all within you, but do you know it?

Truly there are so many gifts we don't see or pay attention to!

Ups and downs. The downs help the ups be more joyful.

Don't be blind! Open every part of yourself for the gifts the world is giving you right this moment.

Enjoy it! Get excited!

Celebrate the NOW! By Teri H.

THE BRI ZONE

How to cure Sams sickness

Step 1: Place Home-made Macaroni in front of Sam on his desk



Step 2: Wait for him to notice Home-made Macaroni



Such Fun in December

Between our visit from Rabbi Wolk about Hanukkah, our Holiday Outdoor Coffee House Jam, our White Elephant Gift Exchange (with a real White Elephant) and our Christmas Potluck, it was a wonderful month of celebration and activities for members!





Join us on Facebook at "PLAN of North Texas"

PLAN @ 1121 ROCK
Arapaho Gardens
1121 Rockingham Dr.
Richardson TX 75080
972-379-9904

Contact #'s

1121 MAIN....972-379-9904
Daniel.....972-703-2150
Jillian..... 972-703-2152
Paige.....972-703-2151
Ruth.....972-379-9902
Shira.....469-830-5333

VIRTUAL ACTIVITIES

Come Hop On the Calls!
214-380-0303 code 1234

WAKE UP CALL- M-F @ 10am
Coffee Talk

DAILY CALL – M-F @ 1:15pm
House Meeting on Wednesdays
When Clubhouse Biz is Discussed.

AFTERNOON ACTIVITY CALLS – M-F @ 3pm
Tune in to find out!
Tues starting 1/11 –
“The Road Less Traveled”
Book Study

In Case You Need It...
The PLAN Connections “Warm Line”

A Non-emergency Support Line
From 7p to 9p on the following days:

Mon Pam.....469-589-9904
Fri David.....469-589-9905

Thoughts & prayers with Nadine as she recovers from surgery.

PLAN CONNECTIONS

People Living Active Now

Interested in Peer Support or Case Management Services?
Contact 1121 Rock at 972-379-9904, or Ruth Josenhans at 972-379-9902 / email at rjosenhans@planntx.org to find out more.



Regarding the status of our In-Person Activities:

Please refer to our voicemail at PLAN @ 1121 Rock – 972-379-9904 or our website, www.planntx.org for updates.

